• NEPAL •

THREE PASSES TREK

Complete Guide to this Legendary Trek

Many elements are clickable and will take you to links, maps, or articles.

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Step-by-step itinerary

Clickable table. Yes, yes !

1. *Lukla to Monjo*
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9 et 10. *Gorakshep and EBC*
11. *Lobuche*
12. *Tengboche*
13. *Namche Bazar*
14. *Surke (return by jeep)*

When to Go?

- **March to may :** temperatures -10° to 10°
- **October to December :** temp. -5° to 15°

From March 5 to 21, I had great weather, but it was very cold at night after Thame.

How to Get There?

Lukla airport

Airlines : Summit Air, Sita Air, Tara Air...

- **From Katmandou:** 30-minute flight
  Take the First Flight of the Morning : This helps avoid fog and the air traffic shutdowns.
- **From Manthali :** 4-hour jeep or bus ride (during high season).
  From Kathmandu to the airport. Vehicles leave from Chabahil junction in Kathmandu (1500 to 600 Rs).

The other option is a jeep or bus to Surke, but it's very long and exhausting...

Getting Your Visa

30 days : **€ 50**

Available online, at the embassy, or at airport.

You can apply for a 15-, 30-, or 90-day visa.

How to get your visa →

Language

- **Nepali** is the official language
- **English** is widely spoken by locals

Religion

- Hindu : 81 %
- Buddhist : 9 %
- Muslim : 5 %
- Christian : 1 %

Important dates

- **March :** Holi - Festival of Colors
- **April 14 :** Nepali New Year
- **July 7 :** National day
- **July 31 :** Sacred Thread Festival
- **September 16 :** Women's Festival
- **September 27 :** End of Monsoon
- **October 16-19 :** Festival of Lights (Tihar)

Accommodation

There are plenty of lodges along the way, and you'll easily find one in each village on the trek.

If you have a guide, they usually pre-book for you, especially in high season.

Between **€ 8** and **€ 20€** per night
Prices can be negotiated if you eat at the lodge.

View the lodge map →

Permits / Tickets

- **Khumbu Region Permit :**
  Checkpoint in Lukla : **3000 Rs (€ 21).**
- **Sagarmatha National Park Permit :**
  Checkpoint in Lukla or Monjo : **3000 Rs (€ 21).**

You'll need your passport or a copy.

Guide or no guide?

Despite the 2023 law, this trek (including EBC) is not affected by the guide requirement.

Budget

Average cost **€ 15** per day.

- **Kathmandu–Lukla flight :** 26 100 Rs (€ 180)
- **Khumbu Region Permit :** 2000 Rs (€ 14)
- **Sagarmatha Park Permit :** 3000 Rs (€ 21)
- **Lodges :** € 8 - € 20 per night
- **Meals :** around 500 Rs (€ 3,50)
- **Hot shower :** € 2 - € 4
- **Wi-Fi (24h) :** 600 Rs (€ 4)

Gear

You'll mainly need:

- Merino wool clothes (top and bottom)
- Warm jacket (compact)
- Sleeping bag rated to -10°C
- Warm hat and gloves

More about the gear here →

Insurance

Be careful with insurance, many don't cover high-altitude trekking. For example, Chapka covers up to 4000m only.

The **Vieux Campeur Club Card** covers up to 8848m for just **€30** per year!

Subscribe to their plan

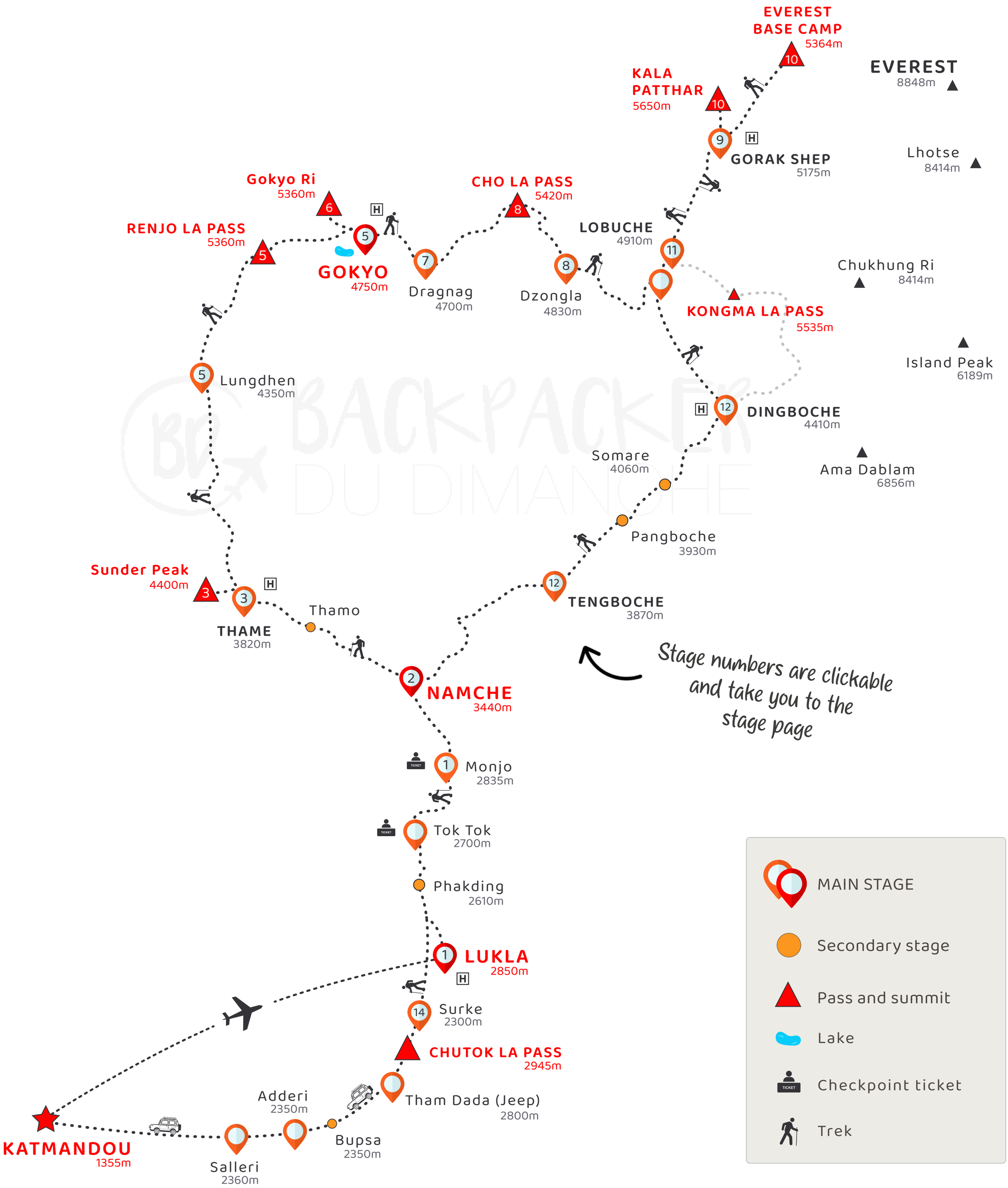
Apps

Here are some useful apps:

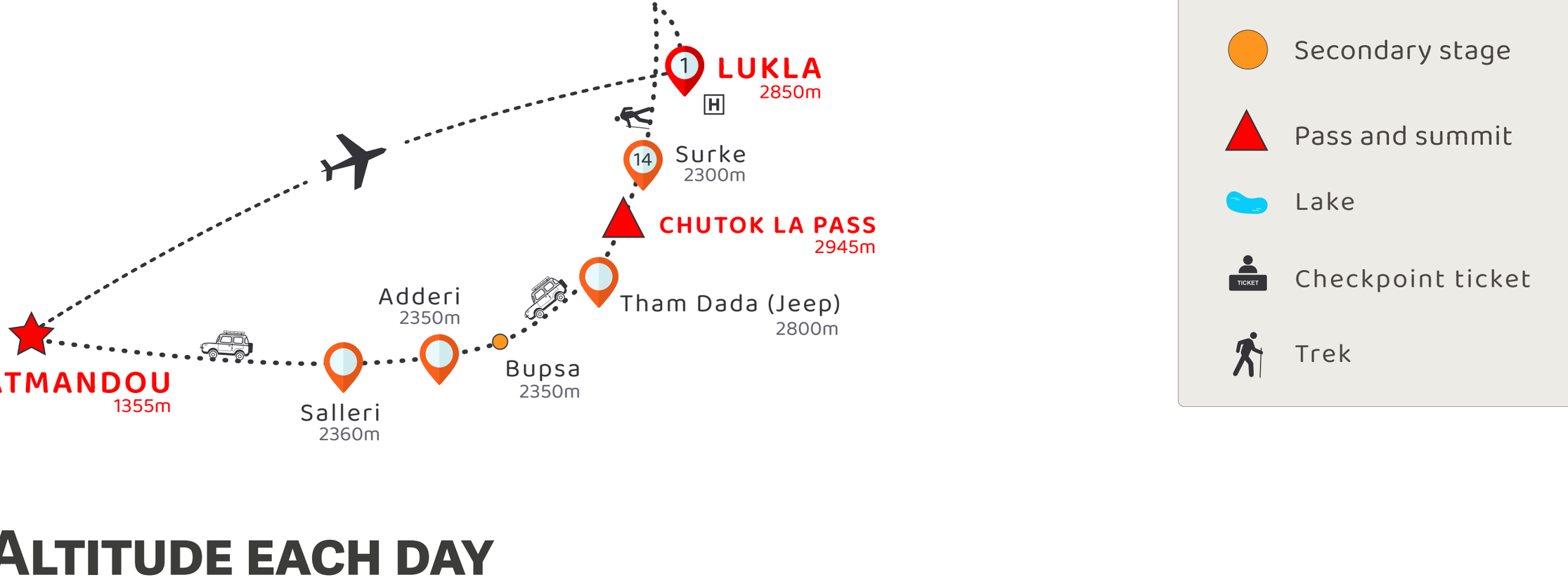
- **Maps.me** *(Very accurate for trails and rivers)*
  Note: divide the estimated walking time by 2.
- **Currency Converter**
- **WhatsApp :** for calls / messages over Wi-Fi

Download them

TREK ROUTE



ALTITUDE EACH DAY



1. LUKLA »» MONJO

2850 m · 13 Km · 4h · Simple · 500+

Once off the plane, it's time to readjust your backpack, pull out your trekking poles, change clothes, and make sure water and energy bars are within easy reach. The adventure begins!

Khumbu Region Permit: 2000 Rs (€14)
Issued just after exiting the village of Lukla.

GOAL OF THE DAY

The aim is to acclimatize and get your legs moving. That's why Monjo is a great target for the first day (**Jorsale** is another option, but beware, it gets steep before reaching it).

Namche might seem close, but **Lukla »» Namche = +1175m** elevation gain = **not ideal** for day one.

STEP 1

- Right from Lukla, the trail goes down, then climbs again quite gently on this section.
- **Phakding** is a good spot for a short break or even a meal.
- **Monjo :** Visit the temple and short walk around the village.

Permit Checkpoint: In the village of **Tok Tok**

Estimated hiking times

Lukla »» Monjo : 4h
Lukla »» Jorsale : 4h45
Lukla »» Namche Bazar : 6h

Monjo

WHERE TO SLEEP

APPROVED

SUMMIT HOTEL

Friendly owner and a real hot shower!

- Blankets provided
- On-site restaurant
- Electricity
- Hot shower

1750 Rs **(€11,5)** / night

WHERE TO EAT

Iswork Khaja Ghar (Phakding) : momo's

Everest Bakery Lunch Place (Phakding)

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2. MONJO » NAMCHE

3440 m · 6 Km · 3h · Medium · 675+

This stage is short but a bit more physical.
You'll finally enter the **Sagarmatha National Park.**

Sagarmatha National Park Permit: 3000 Rs (€21)
Issued just after leaving the village of Monjo.

GOAL OF THE DAY

Reach Namche Bazaar in about 3 hours, passing through Jorsale and crossing several suspension bridges.

STEP 2

- Moderate difficulty, definitely tougher than yesterday.
- Lots of stone steps, especially in the second half, with **440m of elevation gain**.
- Several high and sturdy suspension bridges along the way — nothing to worry about!
- The arrival into Namche is an emotional moment !

Take a Rest Day in Namche. In just 2 days, you've gone from Kathmandu (1355m) to Namche (3440m), your body might not be thrilled about it.

WHAT TO DO IN NAMCHE BAZAR?

- **Wander the village**
  Get lost in the alleys, watch the roaming animals, buy souvenirs, etc.
- **Sherpa Museum**
- **Viewpoint from the Helipad**
  The panorama from there is absolutely stunning!

Stock up on supplies or gear here — it's your last chance!

Namche has the **last ATM** and currency exchange (with a decent rate).

Full Google map of Namche

Namche Bazar

WHERE TO SLEEP

ALPINE LODGE

Cold shower, but amazing views of the village and surrounding peaks.

The trail to Thame passes right in front of this lodge

- Blankets provided
- Shower
- On-site restaurant

Mail : alpinelodge@gmail.com

500 Rs **(€3,50)** / night

WHERE TO EAT

Foot Rest and Lunch — Ambience and mountain views

OTHER LODGES IN NAMCHE

Very useful during high season...

- Nirvana Home
- Kamal Lodge
- Kala Patthar Lodge
- Sherpa Land Lodge
- Thawa Lodge
- Ama Dablam Lodge
- Yak Hotel
- Hotel Everest
- Snowland Hotel
- Sagarmatha Lodge
- Zamling Guest House
- Hotel Tibet
- Sakura Guest House
- Sherpa Village
- Shangrila Lodge
- Namaste View Lodge
- Mountain View Lodge
- Hotel Sherwi Khangba
- Khumbu Resort
- Yak Hotel
- Panorama Lodge

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3. NAMCHE » THAME

3820 m · 9 Km · 5h · Medium · 520+

A beautiful, and enjoyable stage, just the way we like them.

GOAL OF THE DAY

Leave Namche Bazar and hike to the village of Thame.

STEP 3

- Right as you leave Namche, near the helipad, you'll get a fantastic view over the village!
- About halfway, you can stop for a drink or meal at a lodge in **Thamo / Thamu**.

Mountain Resort of **Thamo**

- Be careful: the trail splits into 3 paths near the village of Samde, it's easy to get lost if you're not checking your map.
- The landscapes are breathtaking!
- Just before the final suspension bridge that leads to Thame's side of the river, look down on the right-hand cliff wall.

You'll see **three ancient paintings** honoring Guru Rinpoche (Padmasambhava), who is considered the founder of Tibetan Buddhism.

WHAT TO DO IN THAME?

- **Climb Sunder Peak**
  Behind the village lies a small mountain with a monastery halfway up. Continue further to reach the ridge at 4380m, offering a spectacular view.
- **Visit the Monastery**
  On the slopes above Thame, on the way up Sunder Peak.
- **Stroll through the village**
  Thame is a maze of small cultivated plots.
- **See the stupa**
  Beautiful stupa at the exit of Thame, toward Thametang.

Thame

WHERE SLEEP

CHO OYU LODGE

The lodge belongs to the uncle of the Nepali man who hosted me (his own lodge was destroyed in 2024)

- Blankets provided
- On-site restaurant
- Wi-Fi / Electricity

Mail : mingrita@hotmail.com

Phone : +977-9817749257

500 Rs **(€3,50)** / night

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4. THAME » LUNGDHEN

4360 m · 10 Km · 5h · Simple · 580+

This stage is quite scenic, taking you through the countryside with old stone-roofed farmhouses.

GOAL OF THE DAY

Reach **Lungden** before nightfall — altitude: 4360m.

STEP 4

- Leave Thame heading north, up a small hill. You'll pass a stupa, then follow the *Bhote Koshi river*.
- The village of **Tarangar** (*Tarnga*) still has old stone-roofed farmhouses — many were ruined by the 2015 earthquake.
- Buildings with red, green, or blue tin roofs are recent reconstructions.

TAKE A BREAK

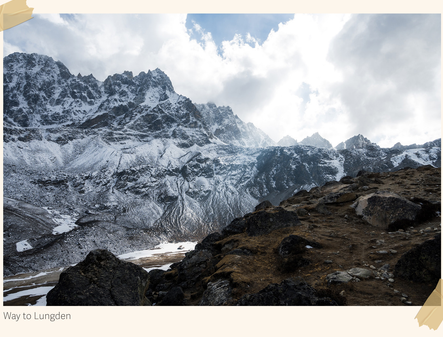
The Riverside Lodge (just before the *Marulung* bridge) is a place to grab a bite.

- From **Marulung**, it's 1 hour of walking and a 300m ascent left to reach Lungden.
- By late afternoon, temperatures drop close to zero.
- You'll need to stack up the blankets at night — it was **-25°C** in my room.

Sleep with your next day's clothes inside your sleeping bag — your body heat will warm them up by morning.

Ask the lodge to prepare a sandwich for tomorrow's lunch, to eat at the top of Renjo La Pass.

Around 600 Rs



Way to Lungden

WHERE SLEEP

KHONGDE VIEW LODGE

This lodge is owned by the brother of the Cho Oyu.

- Blankets provided
- On-site restaurant
- Wi-Fi / Electricity

Phone : +977-9817749257

500 Rs **(€3,50)** / night

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5. LUNGDHEN » GOKYO

Renjo la Pass

5360 m · 11 Km · 6h · Hard · 1000+

This is clearly the hardest stage of the 3 Passes Trek — but also the most incredible, with the ascent of Renjo La Pass.

GOAL OF THE DAY

Leave Lungdhen and cross **Renjo La Pass** to reach Gokyo.

STEP 5

- Start early from Lungdhen — around 6:30 / 7:00 AM.
- Temperatures are very cold at that time, as the sun hasn't yet reached the valley.
- Trust your map and GPS — the trail is not clearly marked until the pass.

If it has snowed and you're without a guide, let a group leave 30 minutes before you — they'll leave tracks in the snow to follow.

Top of the col of Renjo

- The final section — the ascent — is the most physically demanding, 317 meters of elevation gain over 1 km, about the height of the Eiffel Tower...
- Take your time — oxygen is scarce at this altitude.
- Using trekking **sticks** is essential.
- Stop for lunch at the top with an view over Gokyo!
- The descent takes about 2 hours and is tricky — it's easy to lose the path on the glacier and some spots feel dangerously close to the edge.

Drink plenty of water, eat energy bars, take regular breaks, and wear good gloves.

View from Renjo la Pass

WHERE SLEEP

CHO OYU VIEW

View from the lodge room and dining area is stunning

- Blankets provided
- On-site restaurant
- Hot shower *(500 Rs)*
- Wi-Fi *(600 Rs for 24h)*

Mail : tenzing2045@gmail.com

Phone : +977-9818171226

500 Rs **(€3,50)** / night

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6. GOKYO

A rest day is highly recommended! Ideal plan: explore the lakes, acclimate, and relax.

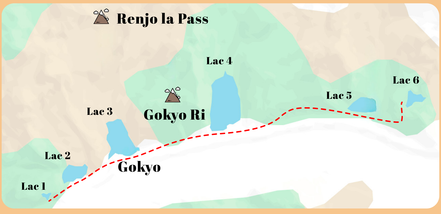
GOAL OF THE DAY

- There are **6 lakes** around Gokyo, and they are easily accessible (the lake in the village is lake #3).
- If you don't have time for all of them, at least visit lake #2, it's only a 20-minute walk from the village and the most beautiful

Lake #3

The 6 lakes trek

- **Village (Lake #3) > Lake #6 :** 9,6 km *(3h + 450m+)*
- **Lake #6 > Lake #5 :** 4 km *(1h)*
- **Lake #5 > Lake #4 :** 4 km *(1h)*
- **Lake #4 > Lake #3 :** 2,5 km *(30 min)*
- **Lake #3 > Lake #2 :** 1,5 km *(20 min)*
- **Lake #2 > Lake #1 :** 1,2 km *(15 min)*
- **Lake #1 > Village :** 2,7 km *(35 min)*



Few people do all 6 lakes in one day, as it takes about **6h40** to complete the **25 km** loop.

- On this rest day, you can also climb Gokyo Ri, or save it for the next morning, since the stage to **Dragnag** is fairly short.

Lake #2

WHERE SLEEP

APPROVED

CHO OYU VIEW

View from lodge room and dining hall is breathtaking!

- Blankets provided
- On-site restaurant
- Hot shower *(500 Rs)*
- Wi-Fi *(600 Rs les 24h)*

Mail : tenzing2045@gmail.com

Phone : +977-9818171226

500 Rs **(€3,50)** / night

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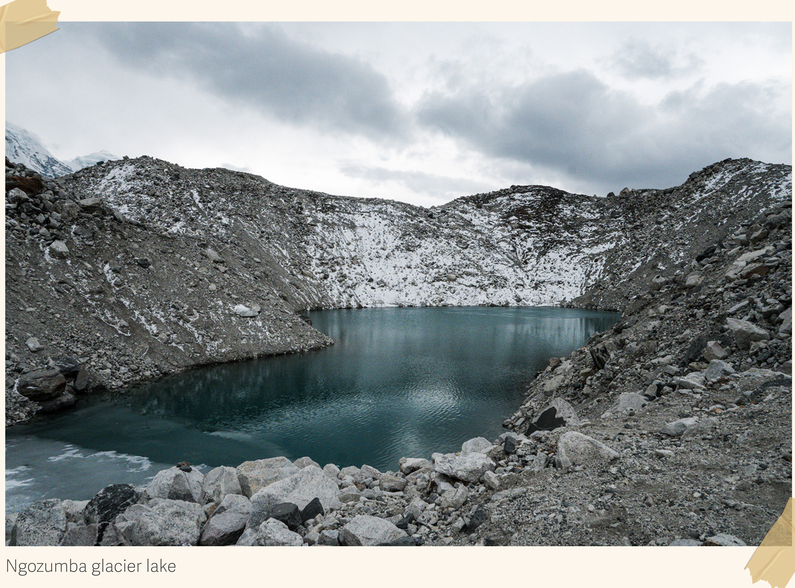
7. GOKYO » DRAGNAG

Easy and short stage that can even be done on your Gokyo acclimatization day, since there's no significant elevation gain.

GOAL OF THE DAY

- Climb **Gokyo Ri** in the morning — 600m of elevation gain, perfect to wake up your legs.
- Visit one or two of the **Gokyo lakes** in 1–2 hours before having lunch back in Gokyo.
- The **glacier crossing** is fairly simple and quick, but watch your step — it's ice under rocks, after all.
- Make sure to reach **Dragnag** before sunset — it's easy to get lost in the dark if there's no sunlight.



Ngozumba glacier lake

WHERE SLEEP

APPROVED

KUMBULA LODGE

Many people, but still a good lodge overall.

- Blankets provided
- On-site restauration

400 Rs **(€2,50)** / night

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8. CHO LA PASS

5370 m · 9 Km · 6h · Hard · 670+

Cho La Pass is the 2nd pass of this trek, reaching an **5370 m**.

It's generally less intimidating than Renjo La due to a lower elevation gain, but caution is needed — especially on the icy section, where crampons are recommended.

GOAL OF THE DAY

Cross Cho La Pass, crosses the glacier, and reach **Dzongla** (Zanlhag) before nightfall.

STEP 8

- Start early (7:00 / 7:30 AM) to head toward Cho La pass.
- The first part follows the riverbed, or you can walk on the frozen stream if it's iced over.
- Having **crampons** is a good idea — some steep sections can be icy and slippery.
- Take a lunch break at the top of the pass.
- Continue walking toward Dzongla, crossing over the glacier.

> Follow the red poles marking the route — otherwise, you risk stepping into a crevasse and getting injured.

- From the glacier, it's about 1 hour of walking to the lodge — but it feels like 3 hours.
- The village of Dzongla is hidden just behind a ridge.

Cho la Pass view

WHERE SLEEP

APPROVED

MAISON SHERPA

Standard rooms and friendly staff at the lodge.

- Blankets provided
- On-site restaurant
- Electricity by intermittency

Mail : dorjesherpa889@gmail.com

Phone : +977-9860034889

OTHER LODGES IN DZONGLA

Very useful during high season...

- **Cholatse Guest House**
- **Green Valley Lodge Dzongla**
- **Mountain Home Zonglha**
- **Hotel Zongla Inn & Restaurant**
- **Himalayan View lodge and Restaurant**

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9. DZONGLA » GORAKSHEP

5175 m · 6 Km · 4h · Simple · 475+

This may be the most symbolic stage of the trek — it takes you to Gorakshep, the gateway to Everest.

GOAL OF THE DAY

Follow the upper ridge along the **Cho La valley**, then head up toward Gorakshep, passing through Lobuche.

STEP 9

- Start early: around 7:45 / 8:00 AM.
- A beautiful trail with **Ama Dablam** in front of you — such an incredible mountain.
- It takes about 2.5 hours to reach Lobuche, the last good stop before Gorakshep for a snack or meal.

TAKE A BREAK

The **Peak XV** and **New EBC** lodges in Lobuche are good places to stop.

«Gorak» is the name of the local crows in the region.

- Make sure to stop at the **Everest memorial** for about 30 minutes — a sobering and humbling moment before continuing.
- The stretch after Lobuche feels long — you'll cross a small pass, and the last part involves a lot of rocky walking, which is why it's important to start early.

Village of Gorakshep

WHERE SLEEP

APPROVED

HIMALAYA LODGE

The first lodge on arrival is also the most welcoming.

- Blankets provided
- On-site restaurant
- Electricity
- Wi-Fi (600 Rs)

sherpa.sanchhiri@gmail.com

Phone : +977-9803282237

600 Rs **(€4)** per night

OTHER LODGES IN GORAKSHEP

Not tested

- Gorakshep Yeti Resort
- Kalapather Guest House
- Everest Inn
- Hotel 5184m
- Snowland Highest Inn
- Buddha Lodge

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10. KALA PATTHAR & EBC

5648 m · 11 Km · 6h · Medium · 473+

This place is stunning, you're in the heart of the Himalayas!

GOAL OF THE DAY

This day is dedicated to the ascent of **Kala Patthar** for sunrise views, followed by a trek to **Everest Base Camp**. It's not an easy day, so be prepared.

STEP 10

- The ideal plan is to leave the lodge at 5:00 AM to climb Kala Patthar.
- The trail heads due north and climbs 473m — it's quite visible, even in snowy conditions.
- At the summit of Kala Patthar, you'll have breathtaking views of **Everest**, **Pumori**, and the entire surrounding mountain range.

There's said to be a shortcut between Kala Patthar and Everest Base Camp, but in snowy conditions it's hard to find — especially since a lake blocks the path.

- To reach Everest Base Camp (EBC), you'll need to return to Gorakshep and take the other trail from there.
- It's about **5.3 km** from the summit of Kala Patthar to Everest Base Camp.
- Most tourists stop at the rock marked « Everest Base Camp 5364m », but you can venture further into the actual base camp area.

Early morning temperatures can drop to -20°C

Everest Base Camp

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11. GORAKSHEP » LOBUCHE

4910 m · 5 Km · 2h · Simple · 265-

Time to leave this breathtaking place behind.

GOAL OF THE DAY

This is a short and easy stage, which is a good thing — your body deserves a break after the past few intense days.

STEP 11

- Return to Lobuche by the same trail you used on the way up — it feels much less tiring now
- Use this day to rest, recover, and recharge your energy.

WHERE SLEEP

APPROVED

NEW EBC LODGE

The lodge owner is lovely, and the view is stunning!

- Blankets provided
- On-site restaurant
- Electricity

Mail : angtashi8848@gmail.com

Phone : +977-9823317904

800 Rs (€5) per night

OTHER LODGES IN LOBUCHE

Not tested

- National Park Hotel
- Peak XV
- Himalaya eco
- Altitude Home
- Sherpa Lodge Lobuche
- Oxygen Altitude Home

Google Map

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12. LOBUCHE ⟫ TENGBOCHE

3867 m · 17 Km · 7h30 · Medium · 1300D-

Due to the weather conditions, we won't be able to cross Kongma La Pass. Despite the distance and the change of route, this stage is still very enjoyable.

GOAL OF THE DAY

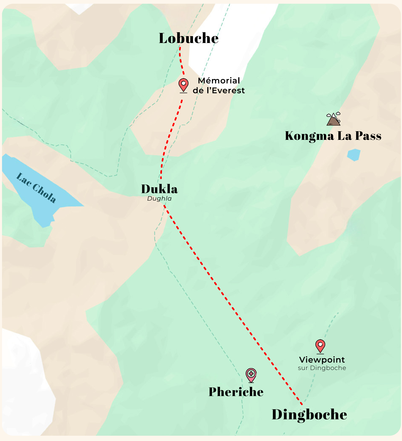
Since Kongma La is too risky in this weather, we'll need to take a detour through the plains.

STEP 12

Dingboche

- Depart around 8:00 AM.
- Reach Dingboche via the **Everest Memorial**, then pass Dukla, cross the plains, and continue straight to Dingboche.
- It takes about 3 hours to reach Dingboche.

Along the way you'll spot old stone farmhouses.



Warning: At Dukla, don't veer off toward Pheriche — stay on top of the ridge.

There's a medical center in Pheriche.

Finally... Tengboche

- If it's still early when you reach Dingboche, consider pushing on to the next village.
- Take a break at **Friendship Lodge** in **Shomare** — a perfect spot for a milk tea.

Friendship Lodge to **Shomare**

- From there, it's 3 more hours to Tengboche — doable.
- You'll end with a short 100m climb to reach **Tengboche** — your legs will feel it.
- If you're a strong hiker, you'll manage. Otherwise, spending the night in **Shomare** or **Pangboche** might be a good idea.

Old stone farmhouse

WHERE SLEEP

APPROVED

TASHI DELEK LODGE

Large, comfortable lodge — often crowded.

- Blankets provided
- On-site restaurant
- Wi-Fi

Mail : sherpan2008@gmail.com

Phone : +977-9843190356

1000 Rs (€6,5) / night

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13. TENGBOCHE » NAMCHE

3440 m · 9 Km · 4h · Simple · 760-

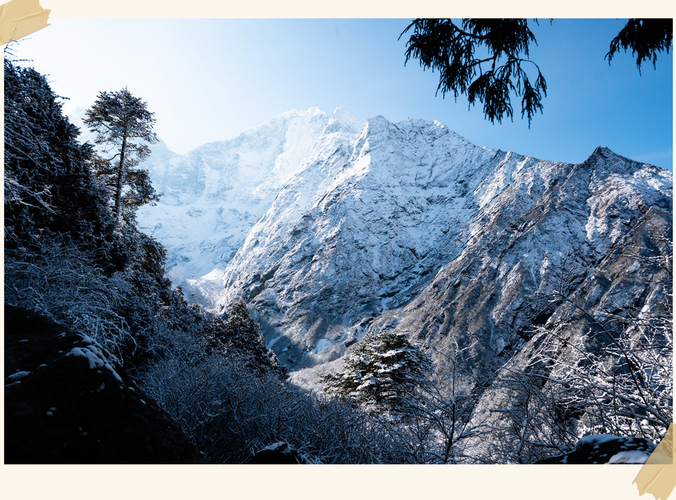
The return to Namche Bazaar comes with a feeling of déjà vu — and a satisfying sense of achievement.

GOAL OF THE DAY

This stage might seem easy at first, but it's more challenging than expected. There's a steep descent followed by a climb, just when all you want is to finally reach Namche Bazar.

STEP 13

- If you're there during opening hours (every 2 hours), take a look at the monastery in the center of the village.
- The initial descent is steep, followed by a sudden uphill, then a more gradual incline all the way to the upper parts of Namche Bazar.
- The trail offers views from above, skirting along the edge of the ravine. It's a beautiful stage back to Namche



WHERE SLEEP

APPROVED

NAMASTE LODGE

Good lodge with a mini mountaineering museum.

- Blankets provided
- On-site - restaurant
- Electricity
- Can organise treks and flights

Mail : paloutdoor@gmail.com

Phone : +977 984-1223780

500 Rs **(€3,5)** / night

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14. NAMCHE » SURKE

2300 m · 21 Km · 8h · Hard · 1460-

The last major stage of the trek, passing through the same villages as 15 days ago is a pleasant and nostalgic experience.

To return, there are **2 options**: fly back from Lukla, or take a jeep from Surke or Bupsa to Kathmandu.

GOAL OF THE DAY

A long day: reaching Surke directly from Namche Bazar.

The tricky part is the big descent — **1460m** of elevation loss in one go.

STEP 14

- Leave Namche early, ideally by 7:00 or 8:00 AM to take your time and enjoy the trail.
- **Phakding** is a great spot for a lunch break — try the momos at *Iswork Khaja Ghar*.
- Once in **Cheplung**, take the lower trail through the village of **Chaurikharka**, unless you want to go through **Lukla** again.
- From Chaurikharka, the path becomes very rural and muddy all the way to Surke — but still enjoyable.
- Since Surke sits in a mountain hollow, aim to arrive by 4:30 PM to avoid cold and low light.
- The village of Surke is quite charming.

If it has rained (or is raining), the trail can turn into a muddy pool — mixed with mule urine and dung. It gets slippery, so make sure to wear proper footwear.

WHERE SLEEP

APPROVED

EVEREST TRAIL LODGE

Good lodge in Surke and a very welcoming family.

- Blankets provided
- On-site restaurant
- Electricity

500 Rs **(€3,5)** per night

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NOTES SECTION

You can enter and record your personal notes here.

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USEFUL INFO SECTION

HOW TO READ THIS GUIDE

This guide is designed for smartphones and tablets, but it also works just fine on a computer.

The right tool

Acrobat Reader (free)

Download Acrobat, which is more stable than the default apps on most smartphones.

Links

Throughout the guide, you'll see various icons you can click on. These will take you to: Google Maps, WhatsApp or articles on my blog.

Clickable links throughout the guide.

Phone numbers will open directly in **WhatsApp**

Some links will start a draft **email**

If you see this icon, it opens a **Google Map**.

Helpful Apps

Acrobat Reader

App Store

Google Play

WhatsApp

App Store

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Maps.me

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Google Play

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